

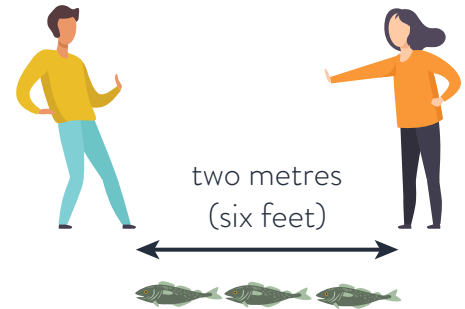
PHYSICAL DISTANCING

Physical distancing, which is also known as “Social Distancing”, means reducing close contact with others to prevent the spread of COVID-19.

WHAT IS PHYSICAL DISTANCING?

Physical distancing means protecting your personal space and **staying at least two metres (six feet) away from other people.**

Two metres is about the length of a sofa, a moose, or three sockeye salmon laid out head to tail.



WHY IS PHYSICAL DISTANCING IMPORTANT?

Physical distancing is important because it is one of the most effective ways to **reduce the spread of illness**, including COVID-19.

The **virus can be spread through close personal contact**, like shaking hands or giving hugs. It can also be spread by touching something with the virus on it and then touching your eyes, nose or mouth before washing your hands.

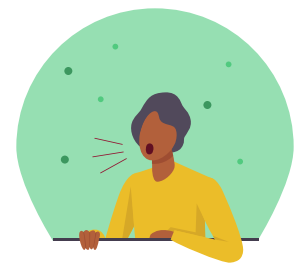
Even if you are not sick, it is important to stay at least two metres (six feet) away from other people when you are outside your home. It is possible for a person without symptoms, but who is infected with the virus, to unknowingly spread the virus to their friends or family or others in the community.



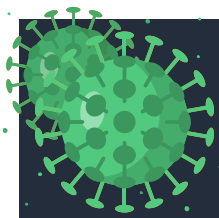
WHY TWO METRES?

When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus.

If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.



Stay two metres apart to help prevent the spread of COVID-19. Your actions can help to protect our elders and other community members who are more vulnerable.



ACTIVITIES while PHYSICAL DISTANCING

WHY DO WE NEED TO STOP REGULAR ACTIVITIES?

We need the whole community to help **stop the spread of COVID-19**. This means giving up many of our usual greetings like handshakes, hugs, and kisses, avoiding all social gatherings, and **staying home as much as possible**.

Attending even small gatherings increases your risk of exposure to COVID-19, which means you could **unknowingly pass it on to friends and family**.

SAFE ACTIVITIES

Spend time outside by:

- Taking a walk or going for a hike
- Harvesting traditional medicines and foods
- Going ice fishing or hunting
- Chopping firewood
- Skiing or snowshoeing
- Building a camp



Safe activities include those that can be done alone or with members of your household.

Do activities at home, such as:

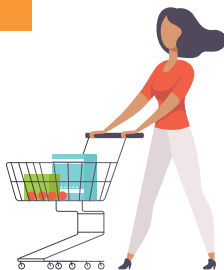
- Reading a good book
- Cooking a meal
- Practicing your traditional songs and language
- Phoning a family member or friend
- Beading or crafting
- Doing some yard work



USE CAUTION

Exercise caution while:

- Visiting a grocery store
- Picking up medications



AVOID

- Gathering in groups for ceremonies, parties, social events, or sleepovers
- Having visitors to your home
- Visiting other people in their homes



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